Causes and Effects of Domestic Violence against Women in Pakistan: An Analytical Study

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ABSTRACT

Purpose: Despite of implementation of many laws and legislation in Pakistan, domestic violence is still present and increasing day by day. The aim of the study is to point out what are the causes and effects of Domestic Violence (DV) against women in Pakistan. The Pakistani scenario has been described and theoretical bases are presented.

Design/Methodology/Approach: Research follows the qualitative research method as it is descriptive and analytical in nature. To make the research important, investigative, and analytical, material has also been collected through random survey. Opinions have been collected from women intellectuals, doctors, psychologists and lawyers of the country through a questionnaire.

Findings: Domestic violence is not an appropriate subject for assessment, interventions, or policy reforms in Pakistan because it usually occurs within the family. According to surveys, between 35% and 70% of intimate relationship violence occurs in Pakistan. Major factors contributing to domestic violence in Pakistan include women's low levels of education and empowerment, misconceptions about Islamic beliefs, traditional customs, poverty, the dowry system, having a girl child, infertility, and drug and alcohol usage. Due to these reasons women are physically, verbally and emotionally, psychologically, sexually abused. Slapping beating, kicking against women cause physical problem.

Implications/Originality/Value: Research proves that the risk of attempting suicide is four times more in the victim of domestic violence and they are likely to develop stress, depression, and drug dependency. Study reveals that a large number of women suffer with domestic violence in Pakistan and the causes identified are preventable. Further research is also needed in this regard.

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Introduction
The term 'domestic violence' is used when there is a close relationship between the offender and the
“Pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner (Gender, n.d.). The subject of understanding violence against women is complicated. To comprehend the occurrence, numerous hypotheses have provided a number of explanations. Worldwide research studies demonstrate that violence against women still happens, however it takes different forms depending on the country and culture. Due to the serious physical, psychological, social, and emotional repercussions it causes, it is a significant public health and social issue that requires significant attention. Domestic violence is not a proper subject for assessment, intervention, or policy reforms in Pakistan because it occurs within the home and is seen as a private affair. Due to the cultural and religious traditions that Pakistani society upholds, women must deal with prejudice and violence on a daily basis. An estimate states that between 35% and 70% of Pakistani women experience domestic violence. Domestic abuse can take many different forms, including physical, mental, and emotional abuse. Honor killings, spousal violence, including marital rape, acid attacks, and being burned by family members are a few typical examples. Unless it takes the extreme form of murder or attempted murder—such as driving a woman to death or staging an accident spousal abuse is rarely seen as a crime in society.

Research Methodology

Research follows the qualitative research method as it is descriptive and analytical in nature. Information and materials on the subject have been taken from various primary and secondary sources, which have been included in the list of references. Content taken from various newspapers and articles and websites has also proved to be very important in this regard. To make the topic important, investigative, and analytical, material has also been collected through random survey on various points. Opinions have been collected from women, intellectuals, doctors, psychologists and lawyers of the country through a questionnaire. The information obtained was presented in an analytical manner. Ratio of Domestic violence and its effects in Pakistan have been presented in the form of different tables. Therefore, this research will prove to be a source of very extensive and important research material on this subject.

Legislation on domestic violence in Pakistan

Domestic violence against women and other weak members of the family is a very serious and severe issue in Pakistan which requires a special attention and legislation. In Pakistan many laws have been made in recent years to stop this social evil. According to the Constitution of Pakistan no discrimination shall be made on the basis of gender (The Constitution of Pakistan, n.d.). Legislation on domestic violence started in 2007. The United Nations Convention on Human Resources (CEDAW) prohibits the use of sexism against women, and the country of Pakistan has endorsed it. Especially CEDAW means: (Convection on the Elimination of All Forms of Discrimination Against Women) Under the Act, all states have been asked to enact legislation to protect women in domestic life. Pakistan has also enacted legislation to prevent domestic violence under an agreement with CEDAW (Convention on the Elimination of All Forms of Discrimination against Women, n.d.). The agreement reached with CEDAW provided the basis for enacting, passing, and enforcing the law on domestic violence. For this purpose legislation on domestic violence has been made in different provinces at different times. The details of legislation is being described in the form of table below:

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Legislation</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sindh Province</td>
<td>2013</td>
</tr>
<tr>
<td>2</td>
<td>Baluchistan Province</td>
<td>2014</td>
</tr>
<tr>
<td>3</td>
<td>Punjab Province</td>
<td>2016</td>
</tr>
<tr>
<td>4</td>
<td>KPK Province</td>
<td>2016&amp;2020</td>
</tr>
<tr>
<td>5</td>
<td>Capital Islamabad</td>
<td>2021</td>
</tr>
</tbody>
</table>

Despite of implementation of many laws and legislation in Pakistan, domestic violence is still present and increasing day by day. According to a report 1173 cases of violence including domestic violence
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were reported in 2007 and 2008 (M.Idrees & Quratulain, 2019). According to annual report of 2010 issued by the commission for the Human Rights, 373 cases were reported about domestic violence (M.Idrees & Quratulain, 2019). Domestic violence increased in 2011, Aurat Foundation collected the Statistical number of 4448 cases reported of violence against women, including 366 cases of domestic violence (Aurat Foundation, n.d.). In 2012, 4585 incidence reported (Aurat Foundation, n.d.). 56 women were murdered in 2013 due to give birth to baby girls. According to media report 389 incidences of domestic violence were happened (M.Idrees & Quratulain, 2019).

More than 800 women commit suicide due to domestic issues in 2013 and in 2015, 279 cases reported and in 2016, 386 incidence of domestic violence against women reported (M.Idrees & Quratulain, 2019). A record 52,370 cases of violence including domestic violence against women and children reported in year 2021 (TheNews Epaper- e.Thenews.Com.Pk, n.d.). To identify the basic reasons, it is necessary to have a closer look at the laws which are not proving so effective to prevent and decrees domestic violence. The vast majority of ordinary women, men, and children are still victims of violence. According to a United Nations report: “Despite efforts by governments and campaigns carried out by the international organizations, violence against women continued on a wide scale in both developed and developing countries.” (Ertürk & UN. Human Rights Council. Special Rapporteur on Violence against Women and Girls, 2009). This situation means that there are other causes of domestic violence that need to be search and addressed.

Causes of Domestic Violence

It is a fact that violence has a negative effect on the individual as well as the society. Women are more affected by it than other members of the society, because they easily fall victim to it. Violence against women in our society is not limited to the cruel acts of an individual that occur at the individual level, but the basis of violence is often based on values and social attitudes that consider women to have an inferior status in society. According to the data collected from random survey questionnaires and interviews. Following are the common and major causes of domestic violence against women in Pakistan:

Poverty

Poverty and domestic abuse frequently go hand in hand. approximately one-third of people are considered to be poor. Domestic violence occurs more frequently among low-income populations. An economically underprivileged guy may turn violent toward his wife in order to vent his resentment at not being able to provide for his wife and kids (M. Hussain, 2002). Then the woman responds by abusing the kids, which upsets the household's order. Lack of education brought on by financial constraints results in ignorance of women's rights. Many women who experience the aftereffects of domestic violence do not receive proper care.

Low Literacy Rate

According to the country’s current literacy rate of 62.3, there are an estimated 60 million illiterate people living there (Ministry of Federal Education and Professional Training, n.d.). People who are fed up with the way society is run develop a violent and murderous mentality and harm the weaker and disabled people because they lack education and understanding. And because they are uneducated and unaware of their rights, women are subjugated. They have to put up with it. Lake of education and awareness in women:

In Pakistan literacy rate of females is very low than males of society especially in the rural areas. Due to the low level of education among women, they face difficulties in understanding and solving their domestic affairs (M. Hussain, 2002). Sometimes quarrels and arguments are of minor nature which can be resolved wisely but due to lack of education and awareness among women, they cannot avoid such situation and it leads to domestic violence.
Unemployment
A major cause of domestic violence today is unemployment, a social problem that plays a central role in fueling men's feelings of violence against women. Not being able to bear the expenses of wife and children due to inflation and unemployment and violence against wife and children due to helplessness has become our normal social behavior (M. Hussain, 2002).

Dowry
Dowry is also an important cause of domestic violence in the Indian subcontinent. Many women face psychological and physical torture when their husbands and mother-in-law cannot meet their dowry demands, and they have to listen to the taunts of mother-in-law and father-in-law. Sometimes they are killed by burning and sometimes by beating them badly (A. Sadiq, 2004).

Inheritance Disputes
Depriving women of inheritance is also a big problem in our society. Due to this reason women have to face many problems in their in-laws, including violence (M. Idrees & Quratulain, 2019). The husband forces the wife to take a share of the estate and the brother and other family members threaten her to break the relationship because of demand of share. Due to depriving the woman of her father's property, she is subjected to mental and physical violence. If these types of cases go to the courts, the delay tactics adopted by the courts and the judicial system due to the many flaws in the court system. And the painful steps that women have to go through for years to get their rights is a form of severe oppression from which it is the responsibility of the government to save women.

Birth of Daughters
It is a tragedy of our society that due to being under the influence of Hindu society, many Hindu thoughts and rituals are still present in our society, one of them being unhappiness at the birth of girls and blaming the woman for it. In many cases the birth of daughters has been described as the reason for violence against a woman, divorce and her murder (M. Hussain, 2002).

Patriarchy
One of the reasons for domestic violence in traditional societies is the patriarchal system in Pakistan (M. Hussain, 2002). The practice of treating women as property of men has reduced the status of women in the society. In traditional society, a man considers it his right to physically beat his wife. In some instances, particularly in relation to the mother-in-law, women themselves support patriarchy and domestic violence. Many women are expected to be housekeepers and handle other important domestic tasks, but if a woman falls short of her mother-in-expectations, law's the mother-in-law may discipline the woman through her son.

Child Marriages
Pakistan has a high rate of child marriage, which is associated with domestic abuse. Most rural, low-income, and uneducated homes experience child marriage (M. Idrees & Quratulain, 2019). In the Pakistan Demographic and Health Survey conducted in 2012 and 2013, it was discovered that 47.5% of married women between the ages of 15 and 24 had their first marriage before turning 18. In these child marriages, one-third of the women reported experiencing domestic violence. Girls struggle to find solutions because they lack intelligence at this age.

Social Customs
There are many ignorant social customs being practicing in our society, one of them is Marriage to Quran (M. Hussain, 2002). The landlords like to save their lands, estates, etc., They pretend to marry young girls with Quran. This is how these landlords oppress women in this country. In the same way, it is an ignorant and cruel custom of the Wanni, means If a person kills someone, he gives his sister or daughter in exchange for this murder, that is in return for their unjust oppression, they make up for their injustice by marrying young girls to old men and oppressing innocent girls. In-laws treat these girls as
Cousin Marriages
In Pakistan, family or cousin marriages are regarded as being a part of fraternity or tradition. Two-thirds of marriages take place within the family, according to a survey. Family unions typically involve more violence. They have to put up with this pressure from their families their entire lives. Family marriages are where the majority of allegations of psychological, emotional, and financial violence are found.

Transfer to the Cities
Another factor is the growing urban population. There is no one to prevent violent relationships between young couples as individuals move from rural to urban regions. This type of violence can be prevented by family members. Similarly, women who go to cities with their husbands, women suffer such situations due to the deprivation of his family support and other social assistance.

Misinterpretation of Religious Directives and Ignorance of Islamic Teachings
Sometimes aggressive men turn to religion to defend their behavior due to misreading of religious rules. This concept is referred to as "rank" in the Qur'an. According to what is considered to be fair, wives have rights comparable to those of their husbands, but men are ranked above them, according to Allah. (Al-Quran Ibn Kathir Tafsir | Alim.Org, n.d.). Man is referred to as "Qawam" (head) in the Qur'an because of this duty. Men are qawam (protectors) of women because some of them are superior to others and because they spend their resources on them, according to the Qur'an. (Al-Quran Ibn Kathir Tafsir | Alim.Org, n.d.). "A Qawam is a person who performs a task very well. A woman's value or status is a person who performs her duties and takes care of her." (Abdul Majid, 2008). The Messenger of God (peace and blessings be upon him) said: "The man is the guardian of his family and he will be asked about his subjects." (Hadith+ Search - By IslamiCity.Org, n.d.). Islam makes it clear that giving men the responsibility of “qawwam” is not a violation of women's rights nor an insult to them. Allah says in Sura al-Nisaa, "As for those from whom you apprehend (nushuz) infidelity, admonish them, then refuse to share their beds and finally hit them (lightly) then if they obey you, take no further action against them. For God is High, Great." (Al-Quran Ibn Kathir Tafsir | Alim.Org, n.d.). According to the religious scholars hit means just to train and educate them not violence and beat them. Islam instructs men to treat women with kindness. Almighty Allah says: “ live with them in accordance with what is fair and kind.” (Al-Quran Ibn Kathir Tafsir | Alim.Org, n.d.). The Holy Prophet said: "Treat women well" (Hadith+ Search - By IslamiCity.Org, n.d.). Islam especially commands the respect of women's rights. However, it has been seen that women are generally deprived of the rights granted by Islam in our society and exploitation of women is based on human-made customs and traditions and misconceptions.

Use of Alcohol and Drugs
Use of drugs and alcohol is also a cause of domestic violence. According to the report of UN 6% of Pakistan’s population uses drugs and one of its negative effects is domestic violence. In Pakistan, men of the lower class use alcohol and drugs due to poverty and anxiety. That is why they torture the women of their house. Domestic violence and divorce rates increase due to drug use in Pakistan (M. Hussain, 2002).

In fact, above mentioned are major causes of domestic violence that need to be addressed. Major causes of domestic violence must be focused and need to be solve these causes. Government should try to prevent poverty, must increase education level among the public, and especially women education must be focused.
Effects of Domestic Violence on Women
Domestic violence has very detrimental physical and psychological impacts on women, which have a negative impact on their physical and mental health, according to doctors and psychologists (A. Sadiq, 2004). Some major of these Physiological and Psychological effects are listed below in table:

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Physiological effects</th>
<th>Psychological effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>injuries (from lacerations to broken bones and injuries to internal organs)</td>
<td>Frustration</td>
</tr>
<tr>
<td>2</td>
<td>complications related to pregnancy</td>
<td>Anxiety</td>
</tr>
<tr>
<td>3</td>
<td>Miscarriage</td>
<td>Fear</td>
</tr>
<tr>
<td>4</td>
<td>Diseases of inflammation in the middle part of the body</td>
<td>Inferiority complexes and deprivation</td>
</tr>
<tr>
<td>5</td>
<td>Pain in the middle part of the body</td>
<td>Sexual aversion</td>
</tr>
<tr>
<td>6</td>
<td>Headaches</td>
<td>Eating and appetite problems</td>
</tr>
<tr>
<td>7</td>
<td>permanent disabilities</td>
<td>Depression and negative thinking</td>
</tr>
<tr>
<td>8</td>
<td>Asthma</td>
<td>Diseases caused by stress</td>
</tr>
<tr>
<td>9</td>
<td>Stomach disorders</td>
<td>Disappointment</td>
</tr>
<tr>
<td>10</td>
<td>Smoking</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Suicide</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Murder</td>
<td></td>
</tr>
</tbody>
</table>

Effects on the Family Life
Domestic violence against women adversely affects the family system. Mistreatment with women does not have good effects on the home system. It affects mainly on the below areas:
- Women remain under stress all the time due to fear of punishment.
- Women feel difficulty to fulfill their duties and responsibilities.
- Obstructing the moral training of children and other members of the family.
- Development of rebelliousness in children.
- Spousal relationship affected.
- Leading to an increase in divorce rates.

Conclusion
It is reality that domestic violence is a serious problem in Pakistan and the government’s intentions behind the legislation on domestic violence was good, but in fact this was not the case with its approach. Despite of all efforts and legislations on domestic violence, domestic violence against women is still present in Pakistan. And ratio of this violence is up to 70%. Laws are not proving so effective to prevent and decrees domestic violence in Pakistan. It is a fact that violence has a negative effect on the individual as well as the society. Women are more affected by it than other members of the society, because they easily fall victim to it. Apart from this, cultural, social, economic, legal factors increase their vulnerability. Misinterpretation of religious beliefs, prevailing social values and customs have also caused negative behavior against women. Sometimes violent men resort to religion to justify their
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actions. But the truth is that no religion in the world allows violence against human beings, especially women. Islam especially insists and commands the respect of women's rights. Dependence on men in economic matters and women being considered inferior in society is the cause of violence against them. It is also worth noting that the roles assigned to women and men in society tend to favor one gender over the other, which also encourages violence against women. Violence against women in our society is not limited to the cruel acts of an individual that occur at the individual level, but the basis of violence is often based on values and social attitudes that consider women to have an inferior status in society. Poverty and lack of education are also major causes. When an economically inferior man cannot meet the needs of his wife and children, he takes out his anger in the form of violence on his wife. And then the wife retaliates by beating the children, which destroys the order of the house. Sometimes quarrels and arguments are of minor nature which can be resolved wisely but due to lack of education and awareness among women, they cannot avoid such situation and it leads to domestic violence. Dowry and Inheritance is also a cause of domestic violence against women in our society. Due to depriving the woman of her father's property, she is subjected to mental and physical violence in their in- laws. There are many ignorant social customs being practicing in our society like Merry to Quran and Wanni. Women are being oppressed through these customs. According to medical doctors and psychologists, domestic violence has very serious physical and psychological effects on women. The physical and mental health of these women is badly affected. Due to these reasons women are physically, verbally and emotionally, psychologically, sexually abused and women may also undergo abuse which cannot be placed into any category. Slapping beating, kicking against women cause physical problem. Emotional abuse leaves deeper scars and more lasting effects than physical violence. Research proves that the risk of attempting suicide is four times more in the victim of domestic violence and they are likely to develop stress, depression, and drug dependency. Study reveals that a large number of women suffer with domestic violence in Pakistan and the causes identified are preventable.

Suggestions
The information collected for this article provides a comprehensive overview of domestic violence prevention. In the light of the results, some suggestions for the prevention of domestic violence and for improving the legislation are being presented to the government legislative bodies, concern officials, public and scholars:

- Government should try to prevent poverty, use of drugs, and the bad social customs related to women.
- Literacy rate must be increased and especially women education should be improved.
- Teachings related to the family and family system of Islam should be included in the curriculum and scholars should make it a part of Friday sermons.
- Courses and counseling should be organized for every boy and girl for training and education before marriage.
- Full awareness of legislation on domestic violence should be awakened among the general public and women.
- Proper implementation of laws regarding domestic violence can minimize the DV. Government should remove the deficiencies in the police department, especially to train the policemen who are assigned to investigate women's problems, and to recruit women officers for this work.

References
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